

Materials	Canned foods and frozen foods (if available), pictures of frozen and canned food labels (if no canned or frozen foods is available)
Learning Outcome	Discuss the benefits of eating canned and frozen vegetables and fruits and identify how to select healthy options.

Description

Explain to the child that frozen and canned vegetables and fruits can be healthy options as long as they do not contain additives. These additives include sugars, sodium, seasoning, breading, or sauces.

Share how to select canned vegetables with little or no sodium and canned fruits with little to no sugars by reading the food label. The % daily value (% DV) shows if the food has a little or a lot of an additive. Note that not all food labels have the % DV for sugars so support the child by reviewing the ingredients to determine if the food is healthy.

Invite the child to look at food labels on various frozen and canned vegetables and fruits and compare the ingredients and nutrition facts. Support the child in identifying healthy frozen and canned options versus less healthy options.

Healthy Eating Competencies



THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- What are some situations where using frozen or canned vegetables and fruits is more efficient than fresh ingredients (e.g., making smoothies, when you go camping, in a casserole, etc.)?
- Fruit contains natural sugars so how can you tell if a frozen or canned fruit has added sugar?